

HISTORY'S GREATEST WARRIORS

Shaolin Monks





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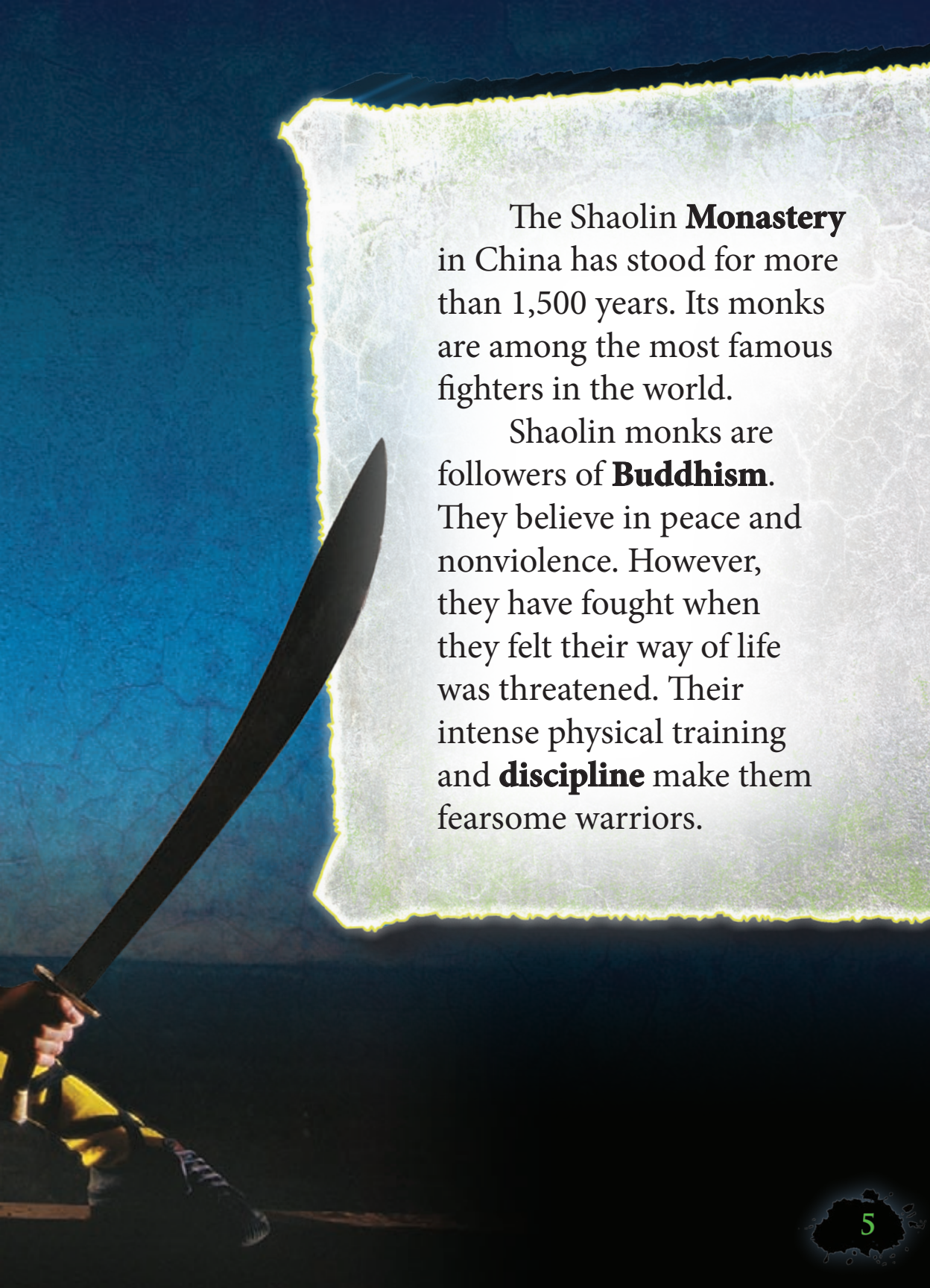


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Who Are Shaolin Monks?

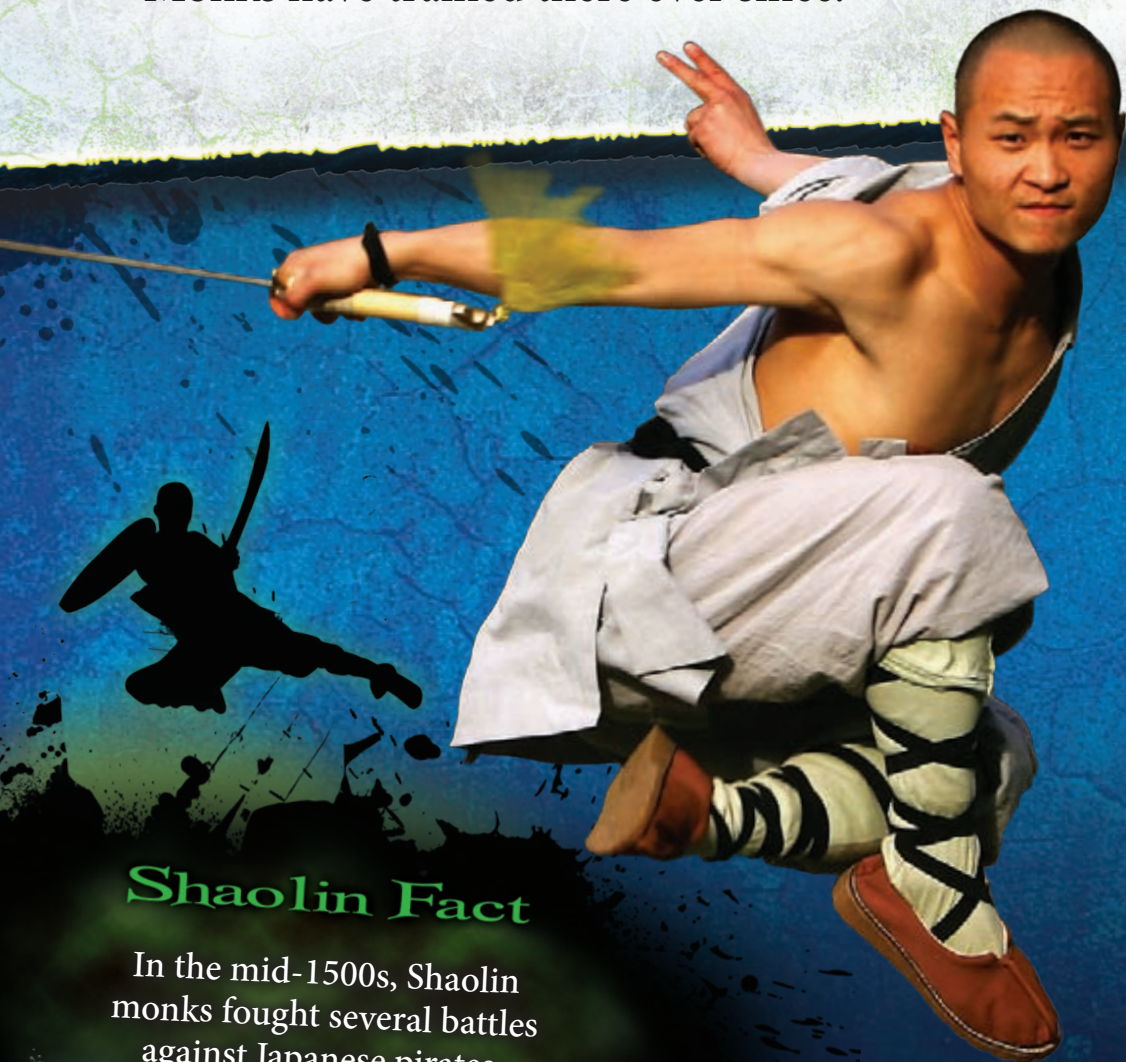




The Shaolin **Monastery** in China has stood for more than 1,500 years. Its monks are among the most famous fighters in the world.

Shaolin monks are followers of **Buddhism**. They believe in peace and nonviolence. However, they have fought when they felt their way of life was threatened. Their intense physical training and **discipline** make them fearsome warriors.

In 464 CE, an Indian-born Buddhist named Batuo came to China. Years later, he started the Shaolin Monastery. He believed that practicing self-discipline, tolerating pain, and mastering **martial arts** helped people grow spiritually. He taught his monks these skills. This made them excellent warriors. Monks have trained there ever since.



Shaolin Fact

In the mid-1500s, Shaolin monks fought several battles against Japanese pirates.

Shaolin Monastery

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